

## Day Parties, Drug Abuse, HIV/AIDS Transmission and Unintended Pregnancy: Among School Teenagers'

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### Abstract

**Objectives:** To investigate the impact of teenagers day party and practices of alcohol and substance abuse on the health of teens and to examine the relationship between teenagers' day party events and risky behavior. This study sought to clarify the types of risky behavior and substances used before, during and after the event.

**Method:** A written survey was administered to students aged 15–17 years in two selected high schools in Addis Ababa. The study method adopts mixed research design with various data triangulation methods. Both qualitative and quantitative data collection tools and analysis techniques were used.

**Result:** Of the 284 sample participants 86% of them are visiting day party for the sake of having fun and to experiment alcohol and other substances freely and considered the event as an opportunity to do this. Day party event was strongly correlated with teenagers' risky behavior as indicated  $r=0.89$ . Chewing chat (38%), drinking alcohol (36.2%) and smoking cigarette and ganja (32.7%) were identified the most commonly substance use before, during and after the event. Of the samples, 77.11% were reported to have school absenteeism the next day of the party event. Female teenagers were found to perceive their high level of vulnerability to health related problems than do males teenagers' for  $T=0.002$ ,  $P<0.05$  with 95% of CI.

**Conclusion:** Although this study has been done with a non-representative sample it was possible to identify the characteristics and practices of teenagers in the day party event. It was also possible to identify the standard use of drugs, and substances in the event were the common fashions and efforts were made to evaluate some of the high risk behaviors for both males and females. The relationship between the use of psycho-active substances and risky behavior are found to be directly correlated. Findings from this study can be used to design an intervention strategy how to organize healthy and monitored day party events. This fact can be a way to discuss the insertion of the drug thematic in the various courses offered at high and junior high schools. Besides it could help to make effective the planning of policies for the prevention in the school context.

**Keywords:** Day party; Teenagers' unintended pregnancy; Risky behavior; HIV/AIDS; Drug abuse

### Abbreviations:

STI: Sexually Transmitted Infections; HIV: Human Immune Virus; CI: Confidence Interval; USNIDA: U. S National Institute on Drug Abuse

### Introduction

Ethiopia as home land of nations, nationalities and people has tremendous colorful cultural values, beliefs, traditions, and rituals including music, religious and dance ceremonies which take place with local normative values [1]. As contrary to this, awfully lots of negative consequences on the generation especially teenagers are being manifested in the name of day parties that currently seem to have taken the teenage world by storm. Historically, partying has been with us since time of happiness and event celebrities but day parties of the sorts in clubs by teenage students are a foreign introduction [2]. Having "day party" is appropriate time for school teenagers because their families assuming that they are still in school. Nowadays, we are

forced to encounter in our day to day life behaviors that are either healthy or unhealthy [3]. Of these, day parties are becoming the day to day lifestyle of the youth and teenagers in Addis Ababa.

As radio program organized by T. Staffer of De Birhan Media [4] indicates that, once or twice a week, it is easy to find at least one party in a bar or hotel by high school teenagers who rent bars to hold their day parties. It is good to have fun, but what is bad is what really goes down there and the novelty comes in the 'who' are the part takers of those clubs. They are entirely teenagers, between the ages of 13-19 years old. These students taking this pretext, they are engaged in different risk full activities like drug abuse, alcoholism, unsafe sex, HIV infection and unintended pregnancy.

The consequences are like social, economic and health but in this study special emphasis was on health aspect of the teenagers' life. In tandem to this, [5] states, in the context of health problem, due to the drug abuse and alcohol drinks uncontrolled sex leads the teenagers; to STIs (Sexually Transmitted Infections) like HIV/AIDS, unintended pregnancy, Hepatitis unsafe abortion and other health problems. Therefore, since day parties are found to be the fertile ground to the

teenagers to engage in dangerous activities they are considered as aggravating factors of adolescent risky behaviors.

As many developmental psychologists suggest that adolescence (teenagers) period is a storm period in which likelihood of exposing for risky behavior becomes high and peer pressure reaches its boom. Being a teenager is often a confusing, challenging time, which can make teens vulnerable and falling into a destructive pattern of drug use and unsafe sex that end up with different health problems and unsafe abortion following the unintended pregnancy. While most teens probably see their day party as a casual way to have fun, there are negative effects that are results of alcohol use, drugs and engaging in unsafe sex during their celebration [6].

National Survey of American Attitudes on Substance Abuse XI: Teens and Parents [7] indicate that, most teens that are addicted would not see their drug abuse as a problem with their behavior or their drug use. Drugs make them feel good, and are a way to relieve the stress of school, problems at home, disagreements with friends, and other pressures of growing up. Teens also note that parties are more fun full when alcohol is available or if they are already drunk. Teens use the term "warm up", which means that they drink before the actual party ceremony has been started. Since their shyness are lowered by using alcohol, teens find it easier to act silly or "get crazy" in the name of having fun. Many teens' who abuse drugs and make unsafe sex in the day parties are misperceive about the potential health risks associated with it. The use of alcohol by different populations has been receiving special consideration due to the increased availability and low cost of alcohol as well as the social permissibility of its use and the more uninhibited emotions of those who use it. However, the alcohol and substance abuse as cause of teenagers' risky behavior is less studied in the Ethiopian context. Hence, the event of day party is a new phenomena, this study will fill the existing knowledge gap in the context.

Therefore, this research could have invaluable contribution to minimize the potentials of health related risks of teenagers engaged in such unmonitored day parties and forward recommending remarks. Amongst, first it will help to keep teenagers stay safe in schools and to change the hotel owners view that reckless teen day partying is normal and common. Second, it may serve as window of opportunity to proclaim and formulate national teenage policy on drug abuse and risky behaviors. Since, it could pave the way to aware concerned bodies about the practices and consequences of teenage day party. Third, teenagers' are productive forces, hope of the country in the near future and their health issue is not an issue kept for tomorrow. This research outcome could help all involved stakeholders to raise their awareness and take action to keep away youths and teenagers from engaging in behavioral risk full activities and prevent further health problems. Therefore, this research calls the ground for policy makers to design and develop appropriate policy concerning teenagers' health issue.

## Materials and Methods

### Research design

This study adopts mixed research design with phenomenological descriptions events, individuals' experience. Which means; both qualitative and quantitative research approach were used. Vast literature showed that doing mixed research is advantageous than relying in single research design. Supporting to this John indicated that:

The important reasons for doing mixed research are to complement one set of results with another, to expand a set of results, or to discover something that would have been missed if only a quantitative or a qualitative approach had been used [8].

Therefore, it is believed very relevant to use mixed research method for the present study.

### Population, Sample Size and Respondents

The target populations of this study were teen students ranged their age from 15-17 years found in two schools (Medhanialeam and Menen schools) in the city administration of Addis Ababa ate the grade level of 9-10. As relevant to this study both sexes were included and the total populations were 568. To have comprehensive data about day party events, school principals and concerned governmental bodies also involved in the research.

### Sample size

Determining respondents and sample size is one of the most important parts of the method section [9]. There are different ways of determining sample size from a given population. As Krejcie and Morgan, [10] developed a means of determining a proportional and representative possible sample size. If the target population is two hundred fifty (250) a total of 132 participants will be selected. In case of this study, similar sample determination application was used. Therefore, out of the total population of the two selected schools which are five hundred sixty eight (568), by taking  $\frac{1}{2}$  (50% CI 95%) of the sampling fraction, then two hundred eighty four (284) sample participants were selected. Proportional distribution of participants was allocated between the two selected schools (strata). In proportional stratified random sampling, the size of each stratum is proportionate to the population size of the strata when looked at across the entire population. This means that each stratum has the same sampling fraction Table 1.

|   |
|---|
| $(n_i = N_i/N) * n$ or<br>$n_i = \text{Sample Size} * 0.5$<br>Population Size   |
| Where; $n_i$ = sample of each school students<br>$N_i$ = population size of each school<br>$N$ = Total population size<br>$n$ = Sample size (0.5 constant number) |

Table 1: Sample determination formula.

### Participants

In addition to the above survey participants, two Focus Group Discussions (FGDs) were held with teenagers from each school. Each FGD had seven (7) teenage students'. Besides, three (3) key informant interview respondents from the day party participant teenagers were selected considering their experience on the service provision and organization of day party. With regard to determining the number of FGD participants, various scholars provide different number. For instance, Morgan [11] explains, "The ideal number for FGD is between six and eight."

On the other hand, Escalada and Heong [12] described that, "A good size for a discussion group is between eight to ten participants

per session." Considering the above arguments, the researcher has taken an average of seven participants for one group per a session. Here special care was given not to select respondents those who are already participate in the FGD again in the key informant interview or survey. In addition, two (2) school principals from each school and one (1) city administration youth and women office officer was selected assuming that the office has better information about the health and situation of teenagers. All these respondents were selected purposefully assuming that they could be potential source of data for the study.

### Sampling Technique for Survey

In selecting the representative sample size of the study participants, probability sampling technique was employed. Of the probability sampling techniques, stratified sampling technique was used with the principle of the proportional allocation. The justification to use stratified sampling as Ashley [13] describes it that, "Stratified sample is a probability sampling technique in which the researcher divides the entire target population into different subgroups, or strata, and then randomly selects the final subjects proportionally from the different strata." Moreover, the author expands his logical extension why researchers use stratified sampling as follow:

It is helpful when the researcher wants to highlight a specific subgroup within the population. Stratified sampling is good for this because it ensures the presence of key subgroups within the sample. It is also important to observe relationships between two or more subgroups. With this type of sampling, the researcher is guaranteed subjects from each subgroup are included in the final sample [13].

Hence, firstly the sample size was determined to be 284 out of the total of 568 teenage student populations. Using this principle, participants were allocated within their respective school strata section. As a result, the following formula was used to determine how many participants could be taken from each school:

Source: Jessica MU, Robert FH [14]. Statistical ideas and methods: Sample size determination concept.

Accordingly, one school strata is consisting of 284 two hundred eighty four students, therefore using the above formula one hindered forty two (142) participants were selected from each school assuming the proportional sampling allocation in each group.

### Methods of Data Collection

Documents like articles, books; project reports about teenagers' risky behavior, adolescent reproductive health policy, guidelines, reports and other relevant websites were used to collect necessary and supplementary information for the effectiveness of the study.

### Participant observation

To have practical and insightful experiences about the teenager's day party, participant observation was used as principal data collection method. This observation helps the researcher to have detail and ample information about the risky teenagers' activity during the day party event.

### Focus Group Discussion

Two FGD with total of seven teenage students from each school were held and efforts were made to make homogeneous in terms of sexes, age and grade level backgrounds. This gave the researcher the

chance to collect teenagers experience, perception, attitude and level of awareness about the events at the day party and general tenders risky behavior.

### Interview

To generate necessary data semi-structured interview was conducted with the two informants of school principals (one from each). Besides, one youth and women office officer was participated in the key informant interview. From this key informant interview, relevant data like existing rules and regulation at school level, future plans, challenges, experiences and ways of communicating the teenagers about the risky behavior were collected.

### Survey

Structured questionnaires were prepared to collect data with measure the attitude of teenagers about day party practice related health problems, risky behavior, experience and practices of teenagers' during the day party event. Frequencies of visiting day party, types of health related risky behaviors commonly observed; types of drugs and/or alcohols consumed and general health belief and teenagers' expectations were assessed using these survey questionnaires. These questionnaires were also helpful to draw a conclusion about the reaction of teen students towards the day party practices in the city.

### Data quality assurance

Reliability of the questionnaire was checked by Cronbach Alpha, ( $\alpha$ ) and test- retest methods in 150 school teenagers were conducted as pilot study before the actual dissemination (one week) of the questionnaire to the targeted group two times with two days interval. Of the total 150 pilot participants 75 were from female students and the reaming 75 were male students. The reliability of the survey questionnaires were found to be  $\alpha = 0.94$  by Cronbach Alpha and  $r = 0.92$  which was a stronger consistency.

For the interview and FGD items trustworthiness was assured by avoiding double barreled, long and complex questions. Efforts were also made to avoid leading questions and false premises. In tandem to this, four peers were invited to comment and debrief on the prepared questions (Peer debriefing). Triangulation by method and data source was held to keep the trustworthiness of the data. In other words, different methods were used to collect the qualitative data. To authenticate the genuineness of data, the researcher was established good rapport relationship between study participants and participated with teens in the day party.

Content validity or inter judge validity was conducted to find out if the questions were representing what they were intended to measure in a proportional way. In doing so, the variables of teenagers' risky behavior and components of adolescence reproductive health were well defined and then the questions were given to four raters' experts on the area. The rating for the questions were 1= bad, 2= good, and 3= excellent questions. As a result based on the agreement of the raters, out of the total 30 items, 9 items were deleted to balance the validity of the tool. The questionnaires were translated in to Amharic version by staffs in collaboration with researcher for ease of communication to get genuine information.

## Data Analysis

In order to analysis the information obtained from the survey, descriptive and inferential statistics were employed. Mean and standard deviation were employed to see the extent of teenagers day party practice exposed them to health related problems, attitude and general belief of teenagers towards the practice of day party and risky behavior. Correlation (Pearson product coefficient) was used to see the relationship between teenager's day party practice and health related problems. One way ANOVA and two sample T- test were used to look if the practice of teenagers' day party affects the health of the teenagers. Linear regression analysis was computed to predict if the practice of teenagers' day party affects the teenagers' academic school attendance. Multiple regression was used to predict states and conditions of teenagers' day party practice, alcohol use, free kiss, drug abuse, unsafe abortion and unprotected sex could influence/ enhance the teenagers risky behavior. Percentage was used to know how many of the participants' really practicing teenagers' day party events. In doing so, the Data Analysis and Statistical Software for Professionals (STATA SP. Ed. 11.1\*) software was used.

On the other hand, relevant information obtained from key informants interview and FGD participants were analyzed and interpreted thematically in line with teenagers' risky behavior identified by World Health Organization (WHO). The steps followed for the qualitative analysis is presented below.

## Pre-coding

In this research all interviews and FGD were conducted in Amharic, every day after data collection, data or field note transcription was done repeatedly until the intended main points of the interview were achieved and then followed by translation in to English. Following the translation pre-coding were started by highlighting significant participant quotes made during the interview. Significant statements that provide an experience of the participants were specially considered. In doing so, to make the process easy markers with various colors were used.

## Coding

The pre-coding process was followed by making final code. In this case, the pre-coded statements, ideas, experiences of interviewees and FGD participants were summarized and arranged in to meaningful segments. According to Tuckett [15], this needs systematic arrangement or classification and such process was helpful to simplify and focus on some specific characteristics of the data.

## Categorizing

In this stage, attempts were exerted to coupled similar, closer and related ideas, data, and statements together which have similarity with the coded data. This categorization indicates, how the various codes were constructed into similar categorical values, how the data has given meaningful shape. Data categorization helps to sort out texts into meaningful groups, which make the data to be manageable [15]. This is because; the coded data was categorized depending on the similarity and relationship of codes.

## Themes

This is the final output of the pre-coding, coding and categorizing with analytical reflections of the researcher. In tandem to this, the main

theme in this study were developed considering the categorization and main guiding research objectives. According to Tuckett [15], themes could be concepts that explain how ideas or categories are connected. In this study besides looking themes from the coded text segments the main teenagers' risky behavior identified by World Health Organization (WHO) were also considered.

## Write up

Following the thematic development, writing the final composite of the findings and analyzing, interpreting and looking for meaning out of those themes were made. The identified themes are categorized under three major point's viz. teenagers' risky behavior and day party practice, day party events as an aggravating factor for health related problems of teenagers and day party, school dropout and existing polices. In the qualitative analysis, explanations, experiences and sayings of participants were taken directly as quotation.

## Result

The background information of the participants of this study indicates, the highest number of participants were females in which male students (52.8%, N= 284) followed by females 134(47.2%). The distribution of participants in both schools were equal 142(50%, N=142). This was done considering the proportionate sample distribution among the two selected strata. With respective their grade level and age distribution, 65% of the participants were found at the age of 16 years old followed by 23% were 15 years old and the remaining 12% were 17 years old. The grade level of the participants, 57% were grade nine and 43% were grade ten. From this, it is possible to say all of the participants were satisfying the pre specified participants selection criteria.

## Teenagers' Risky Behavior and Day Party Practice

Information on the relationship between risk behavior and teenagers day party in school environments is necessary for the development of effective preventive programs and to promote environment that are free of drugs and the violence generated by them. As the collected data from FGD, Survey, and key informant interview it is indicated that Teenager period is a period of "storm" in which risky behavioral activities are experimented and peer pressure has reached its peak. In the given survey questionnaires 86% of the participants showed that, day party is the only fertile ground that they have to experiment what is normally prohibited by their parents. One FGD participant explained this case, "I know that we are students and underage as well, but we don't have other option to discover what is going on in our surrounding than going to day parties". As the calculated correlation also indicated that the practice of unmonitored teenagers day party has strong relationship with escalation of risky behaviors as indicated  $r=0.89$ .

**To strengthen this idea the researcher asked them why they prefer day parties than night parties and they indicated that:**

Look we are still students, we are still dependant in our parents even for our living, our parents know we are still in school, and if they think as if we are in school that is the most appropriate time for us to be there in the day time than do the night time (Key informant, 2013).

**The information collected from the key informant interviews of the school principals also supporting the above explanations of the students as:**

For many teenagers, attending parties and meeting friends are an important part of their social development. Parties are an exciting event and can expose teenagers to a range of new experiences relating to music, social experiences if the party is monitored and healthy. However, the opposite is also true unhealthy day parties could pave the possibility to excess alcohol, drugs use, unsafe sex and other risky behaviors. It is important to notice that teenagers are prepared for what may happen at a party. If well planned, parties can be successful and fun (Key informant 2 School Principal, 2013).

To see the effects of day party practices like alcohol use, free kiss, drug abuse, unsafe abortion and unprotected sex survey respondents were asked to rate their reaction against the listed risky behavior questions. The collected response was computed by multiple regression and showed that participants reaction about the risk behavior is strongly influenced by the practice they did during the party events in which it is expressed as;  $F(5, 279) = 0.001$ ,  $F = 0.985$ ,  $P < 0.05$  with 95% CI. When specifically coming to which practice of the teenage best predicts the level of high risk, best predictors were alcohol use,  $t = 0.007$ ,  $P < 0.05$ , drug use,  $t = 0.014$ ,  $P < 0.05$ , unprotected sex  $t = 0.23$ ,  $P < 0.05$  and followed unsafe abortion due to the unsafe sex  $t = 0.9$ ,  $P < 0.05$ , for all with 95% CI. In other words, the practices of day party like accessibility of alcohol, drug triggers the teenagers to involve in free and unprotected sex which in turn lead them to various STIs and unplanned pregnancy and later on this unintended pregnancy is ended up with unsafe abortion.

#### Day Party Events as an Aggravating Factor for Health Related Problems of Teenagers

Parties are normally organized to celebrate a birthday, end of exams, school balls or just as a gathering. Any party has the potential to get out-of-hand but by planning ahead you can limit the chance of this happening. In this study, participant teens were asked if the events they attend had bring them any health related problem, as a response 95% them reported that having vomiting, poor appetites, sleeping irregularities, severe head ache and gastritis are common problems as the next day of the party. Besides, one way ANOVA and two sample T-test were used to look if the practice of teenagers' day party affects the health of the teenagers. The one way ANOVA showed that the practices and activities performed during the day party event is significantly affect the teenagers' health and lead them to various ranges of risky behaviors. This is shown by  $F = -0.89$ ,  $P < 0.05$ . Means, unhealthy and unmonitored day party and practices going on in the events are escalating factors for various health related problems to the practitioner teens. Besides, the two sample t-test with equal variance also supporting the above finding as  $T = -0.228$ ,  $P < 0.05$  with 95% of CI.

Table 2 indicates the substance use of teens in day party event and it illustrates the types and frequently used of substances (N=284).

|       | Never |      | Sometime |      | Moderate |      | Usually |      | Heavy |      |
|-------|-------|------|----------|------|----------|------|---------|------|-------|------|
|       | N     | %    | N        | %    | N        | %    | N       | %    | N     | %    |
| Beer  | -     |      | 18       | 6.3  | 65       | 22.8 | 98      | 34.5 | 103   | 36.2 |
| Wine  | 29    | 10.2 | 16       | 5.6  | 70       | 24.6 | 59      | 20.7 | 100   | 35.2 |
| Gin   | 18    | 6.3  | 31       | 10.9 | 25       | 8.8  | 90      | 31.6 | 100   | 35.2 |
| Ganja | -     |      | 10       | 3.5  | 85       | 29.9 | 96      | 33.8 | 93    | 32.7 |

|           |    |     |    |      |    |      |    |      |     |      |
|-----------|----|-----|----|------|----|------|----|------|-----|------|
| Cigarette | 9  | 3.1 | 19 | 6.6  | 90 | 31.6 | 80 | 28.1 | 86  | 30.2 |
| Chat      | 16 | 5.6 | 50 | 17.6 | 21 | 7.3  | 89 | 31.3 | 108 | 38.0 |
| Others    | 24 | 8.4 | 20 | 7    | 15 | 5.2  | -  | -    | -   | -    |

Table 2: Types and frequencies of substance use during event.

From the above table we can understand that chat and beer are the most frequently used types of substances in the day party celebrities as indicated 38% and 36.2% respectively. The use of gin and wine is rated equal 35.2% followed by ganja and cigarette 32.7% and 30.2% respectively. When asked about the use of psychoactive substances during day party event one participant said "Ya we are enjoying having all these substances and after all why we came here if we did not get these things. We are cooling off our feelings and emotions by just taking beer, cigarette and if there ganja."

Similarly, one key informant interview from the city youth and women office officer indicated that, "in day party all of us we know that the teens are exposed to multifaceted health related problems and using alcohol, smoking cigarette and chewing chat are the common practices before, after and during the event."

When asked about their perception of the damaging use of substances it is found that 98(34.5%) female students consider the occasional use of cigarettes to be extremely harmful, while 76(26.4%) male students consider this harmful. For the occasional use of alcohol, of the male students 90(31.6%) reported that they considered this harmful and of the female students 100(35.2%) consider this harmful. As to their perception about the harm in using ganja, both the sexes 198 (69.7%) consider this practice extremely harmful.

To evaluate the accessibilities and reason why they consume the substance the researcher asked them their reaction and found to be, 172 (N=284; 60.56%) of the students reported that it is possible to obtain drugs at parties or events the and 112 (N=284; 39.5%) reported that it was possible to find these substances within the parties but at limited accessibility. The reasons that students reported for using alcoholic drinks and other substances was to have fun (n=248; 87.3%), and because their friends use them (n=36; 12.67%).

Attempts were also made to see if the effect of day party in teenagers' health could be evaluated differently across sex and was computed by two sample t-test with equal variance. The result indicated as there significant difference between male and female students for,  $T = 0.002$ ,  $P < 0.05$  with 95% of CI. This was shown as female students are believed as if they are more vulnerable for health related problems than do male students.

#### Day Party, School Dropout (Absenteeism) and Existing Policies

Rules will need to be set in relation to alcohol, supervision, number of guests, age and maturity of guests, starting and finishing times, transport, sleep over's and what should happen if things get out-of-hand. This is because the effect of absence of such limitations in the event will be resulted in students addiction and health related problems which in turn later on ended up with school drop outs. In this research a sample of a (n=219; 77.11%) prefers to stay home the next day of the party event because of heavy head ache of the drink and drug use, hang over feelings, sleeping disturbance and being fatigue. It is also found to be n=256; 90.1% of the sample prefer to visit

the day party the next day of the event to escape from their hang over feeling.

As per the key informant interviews and FGD of the study, the presence of clear and precise rules to organize a day party is vital and could help these under age teenagers from different risky behavior and health related problems. According to the one key informant of school principal:

Alcohol is a poisonous drug, and people can overdose and die from too much alcohol. Teenagers usually have a low tolerance to alcohol and do not have much experience with drinking alcohol. It's against the law to sell or supply alcohol to under 18 years at licensed premises. Therefore, organizing an alcohol-free party is the best option but if not need to consider strategies if people arrive with alcohol or appear drunk (Key informant school principal 2, 2013).

## Discussion

The association between the use of drugs and other substances in teenagers' day party and the presence of risk behaviors among students in was evaluated. The use of drugs in this population is disturbing. This study was preliminary and the intent was to describe teenagers day party drug using, related behaviors and possible predisposing factors in both male and female students. In this study it is acknowledged that the samples may not be representative but efforts were exert to triangulate the data by different data collection methods to produce ample data and the participants were voluntary teenagers'.

In the current study it is indicated that the day party practices done by teenagers can clearly have strong detrimental influence on the health of teenager who engage in the party. Such behaviors can also impose severe emotional and physical distress to those around them. An understanding of these associations may help practitioners to plan effective interventions and clarify the likely out- comes of existing ones. This finding is strongly supported by the work of Van Beurden et al. [16]. This article states, the resulting level of teenagers alcohol use and associated potentially harmful behaviors may be viewed as part of a broad complex of physiological, psychosocial, and environmental factors.

In this study it is also found, day party events pave them the way to practice different risky behaviors and they considered it as it is the sole opportunity to experiment what is done by younger adolescents. This is proved by 86% of the sample rate as day party events are considered as conducive (for a fun) environment to declare their independence to experiment all types of substances. This finding has an association with the work of Andrew et al. [17], in such a way that, teenagers' visit party celebrity events to experiment all things which they are prohibited when they are normally with their parents, this include alcohol, drug and other substances.

The other major finding of this study was, teenagers day party are and health related problems are direct and strongly correlated as indicated ( $r=0.89$ ). The presence of excessive alcohol and other substances make the teens to experiment things like free kiss, open sex and unsafe abortion. Besides, the extent of this, the teens could have the exposure to various STIs including HIV/AIDS, and Hepatitis B, C, following the next day of the party feeling depressed; having irregular sleeping pattern, severe head ache and poor appetites are found to the major health related problems. The work of Conor and Kypros, [5] goes in line with this finding as the use of alcohol and drugs is related to the occurrence of unsafe sexual behavior that places teenager at risk

for pregnancy or contracting sexually transmitted infections (STIs), such as HIV/AIDS.

Besides, in this study it found that male students were more likely to report that they used alcohol, inhalants, cigarette, than do female students. However, with regard to the use of ganja both sexes rate their level reactivity equally. The female students were more likely to report that they used hard alcohols like Wine, Vodka and Whisky. The differentiation was very little in this study, as the drug use that was most frequently reported was alcohol, tobacco and marijuana. This finding is supported with report of U. S National Institute on Drug Abuse (USNIDA) [18] as female teenagers are found to be vulnerable to substance abuse than do male teenagers.

Finally, in this study it is indicated that, teenager's day party and school dropouts (absenteeism) are directly correlated. Means, as the teen students spent the day having celebrities with their peers, the next day of the event they have the probability to get absent of school. This is because of associated health related factors. Supporting to this the Drug and Alcohol Office Committee of Western America [19] said, students engaged in unhealthy party are reported having difficulty of absenteeism in school than do students engaged in healthy and monitored party.

## Conclusions

Although this study has been done with a non-representative sample it was possible to identify the characteristics and practices of teenagers in the day party event. It was also possible to identify the standard use of drugs, and substances in the event are the common fashions and efforts were made to evaluate some of the high risk behaviors for both males and females. The relationship between the use of psycho-active substances and risky behavior are found to be directly correlated.

It is also discovered that the visit of teenagers to the day party was to experiment different prohibited activities which directly cause various health related problems. Alcohol continues to be the drug which is most frequently used by students, followed by ganja and cigarette. The male students most often reported higher consumption and frequency in psychoactive drug use and also use of a greater variety of substances than did the female students. Both the female and male teenagers visit day party events to have fun and declare their independence to experiment substance and alcohol use. The "heavy-drinking" episodes are a phenomenon among students and students that drink excessively were at increased risk for a variety of consequences [20].

Findings from this study can be used to design an intervention strategy how to organize healthy and monitored day party events. This fact can be a way to discuss the insertion of the drug thematic in the various courses offered at high and junior high schools, besides it could help to make effective the planning of policies for the prevention in the school context.

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